



IMT Des Moines Marathon  
Announces The Inner Game Profile



**NEW, TO BOTH PSYCHOLOGY AND SPORTS!**

William H. Porter, Ph.D., Sport Psychologist, is licensed by the State Department of Health and certified as a coach by the Department of Education. This professional has created a new instrument for psychology and sports, entitled: *The Inner Game Profile; Your Picture of Sports Mental Strength*. Every athlete knows how fast they should run their particular distance, that's PHYSICAL STRENGTH, but there has never been — a measure of sports MENTAL STRENGTH, for all marathon and endurance athletes.

**SIGN IN WITH A SPECIAL OFFER**

Sign In to The Inner Game Profile during April to give you a pre-race Picture of Marathon Mental Strength, entitled Your Selfie. As a reciprocal courtesy from Dr. Porter and the IMT Des Moines Marathon, we provide Your Selfie as an introductory offer to you at no cost.

Your Selfie takes ten minutes or less to complete but provides hours of endurance improvement information, specifically catering to the marathon distance but applicable to all. To learn more about The Inner Game Profile and to get started with Your Selfie, visit <https://theinnergameprofile.com>.

What a great start to your summer workout as you create your training plan for race day, and at no cost!